

THE TEACHINGS OF  
SRI SWAMI SATCHIDANANDA

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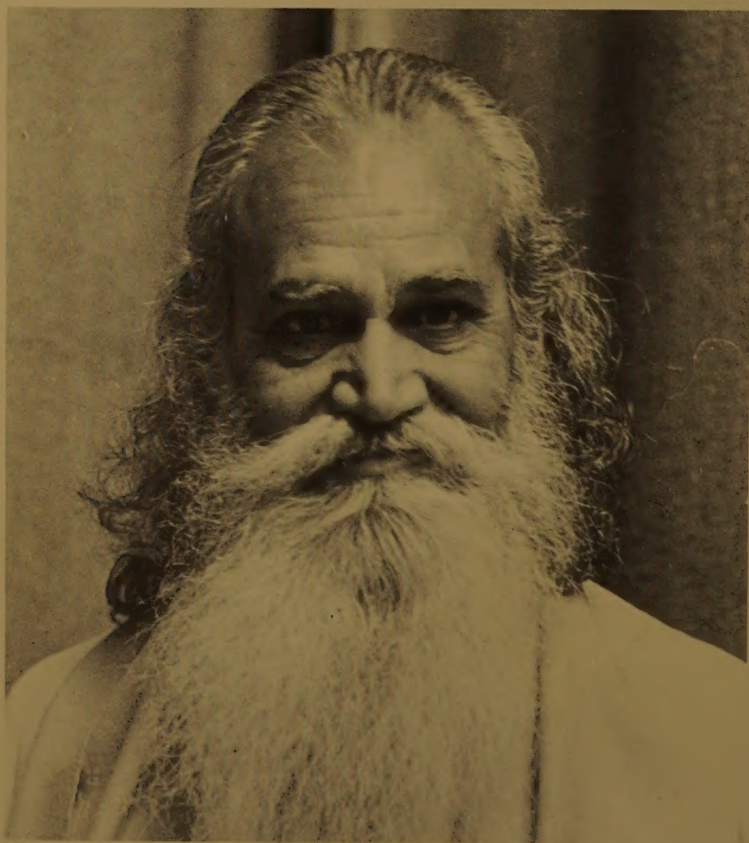
MAR 4 1987

# *Integral Yoga*®

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“Salutations to the Supreme One;  
Full of bliss and happiness;  
Knowledge personified, infinite,  
Eternal pure and free.”

—Sri Guru Gita



☆

With loving greetings,  
The Rao Family, San Antonio, Texas





"The Grace of God takes the form of the Guru. The Guru is united with God. The Guru's presence purifies all. The Guru is verily a link between the individual and the Immortal. The Guru is a being who has raised himself from this into THAT, and thus has free and unhampered access into all the realms. The Guru stands upon the threshold of immortality; and, bending down, raises the struggling individuals with one hand and with the other lifts them up into the abode of everlasting joy. On the spiritual path, it is very very difficult to find your way. The mind will mislead you very often. The Guru will be able to remove pitfalls and obstacles and lead you along the right path." —Sri Swami Sivanandaji Maharaj

This special 72nd Jayanthi issue of *Integral Yoga* magazine is dedicated to our beloved Sri Gurudev, the Reverend Sri Swami Satchidanandaji Maharaj—our loving and constant Light, Guide and Inspiration on this spiritual path. Words cannot properly express our love for him and our gratitude for being in the presence of this great Spiritual Master.

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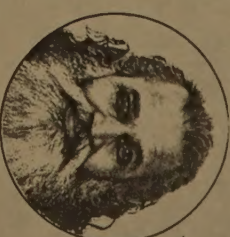


# Integral Yoga® Publications

Satchidananda Ashram - Yogaville

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11 March 1988

Teri Karels, Head of Serials  
Graduate Theological Union  
Flora Lamson Hewlett Library  
2400 Ridge Road  
Berkeley, CA 94709

Dear Ms. Karels,

Greetings of Peace.

Thank you for your letter about the Hewlett Library subscription to Integral Yoga Magazine, and your concern about missing issues. As I was not in the Publications Department at the time the issues in question were mailed, I have enclosed some of the issues you mentioned, assuming that there was an error on our part. For the other issues, the problem lies in incorrect numbering of issues, especially where double issues were concerned. Here then, is the status of each of the issues you mentioned in your letter:

**Volume 16, Nos. 5 & 6-** There was a big mess here. Volume 16, No. 3 was a double issue, but was not numbered as Nos. 3 & 4. Therefore, in 1985, the numbering only went to Volume 16, No. 5.

I have enclosed Volume 16, No. 5. Unfortunately, the type in the magazine was incorrect, and it is mis-labelled as Volume 15, No. 5.

**Volume 17, Nos. 3 & 4-** I have enclosed a copy of the Lotus Souvenir Journal, which was sent to our subscribers in 1986 as a double issue, taking the place of Volume 17, Nos. 3 & 4.

**Volume 18, No. 1-** This also resulted from confusion in numbering, due to double issues. Volume 17, No. 5 was a double issue, and should have been labelled Volume 17, Nos. 5 & 6. Instead, the next issue of the magazine was labelled Volume 17, No. 6 instead of Volume 18, No. 1.

When it was determined that this confusion had arisen in numbering, due to double issues, it was decided to label the second issue of 1987 as Volume 18, No. 2, to get us back on track.

We are a small magazine with a somewhat inexperienced staff. I am sorry for the inconvenience we have caused you, and we have hopefully learned from these mistakes. Thank you for your patience. If there are any further questions, please contact me.

In Peace,

*Janaki Carrera*  
Ji

Rev. Janaki Carrera  
Publications Department







*Beloved Selves,*

*Love and Blessings.*

*During this Holy-day season I pray we may remember the common goal behind our individual observances.*

*May our prayers and worship draw us deep into the richness of the Spirit dwelling within. Let us share the peace and joy we draw from this deep inner well and a spirit of universal brotherhood with all whom we meet.*

*May we always remember our spiritual oneness and may this New Year bring us nearer to the peace we all seek.*

*I take this opportunity to wish each and every one of you a healthy, happy and holy New Year.*

*God bless you, and peace be with you.*

*OM Shanthi Shanthi Shanthi.*

*Ever yours in the Lord and Light,*

*Swami Satchidananda*

*Swami Satchidananda*



## INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teachings Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living are also possible.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: the audio-video department, book publishing and distribution services; a preschool, elementary and junior high school, and the international coordination offices for all Integral Yoga Centers.

The LOTUS (Light Of Truth Universal Shrine) — a shrine dedicated to the Light of all faiths and to world peace — is open to the public and is located in Yogaville, Virginia.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

I certainly feel blessed with the opportunities I've had by being in your presence. You are such a "down to earth" person. I would have thought an enlightened person would always go around with his head in the clouds. I know that my association with you will surely result in my paying more attention to detail and will have countless other benefits.

Thank you for this wonderful opportunity.

J.B.

Ashland, VA

It was wonderful to be in the midst of everyone at the Ashram in such a peaceful environment with such a wonderful vibration during the LOTUS Dedication ceremony. I look forward to being there again in the future.

"The LOTUS is going to serve as a place for holy pilgrimage for students of various faiths around the world." This was the comment of my relative from Nigeria before he left.

My meeting with all the ashramites has been very wonderful. I am always there in spirit with you. I hope to visit the Ashram again in the future. In fact, I regard Yogaville as my home. That is how I feel about the place each time I am meditating. It really makes me feel great and happy.

Paraman Lazarus Emenogu  
Nigeria

At this, the very darkest time of the year, it is in the nature of things that you, the most brilliant, self-effulgent light, should come into this world.

Thank you for the faith you have instilled in me, the Bliss you have shown me, and the work you have given me.



# Sri Gurudev

Please continue to remove the darkness. I place my life, my trust, my devotion in you.

You are my Sunshine!  
All love,  
K.H., Pennsylvania

I asked our five-and-a-half year old, River, if he believed in Santa Claus or if he thought Santa was pretend. He answered most confidently, "Oh, Santa is real. But this life might be a dream."

Sita Jensen  
San Juan, CA.

I'm writing to you from my job [as a nurse], here at the UVA Hospital. Tonight I'm working on the orthopedic floor, and Soorya Bales is one of my patients. I'm taking good care of him, with the same loving care I would give you.

I'm writing to tell you that his progress over the last few days has been extraordinary. It really shows me the awesome power of prayer and your Divine Grace. I've never seen anyone bounce back from such severe trauma the way he has bounced back. It serves to remind me of the power of God and Guru and the support of the spiritual community.

Thank you for allowing me to be part of it.

Kalyani Yarusso  
Buckingham, VA

*Ed. note: The recovery of sangha member Soorya Bales from a serious car accident was indeed miraculous. During the long period of rehabilitation, he and his wife Sushila continued to serve the community and help prepare for the LOTUS Dedication.*



## Integral Yoga® Magazine

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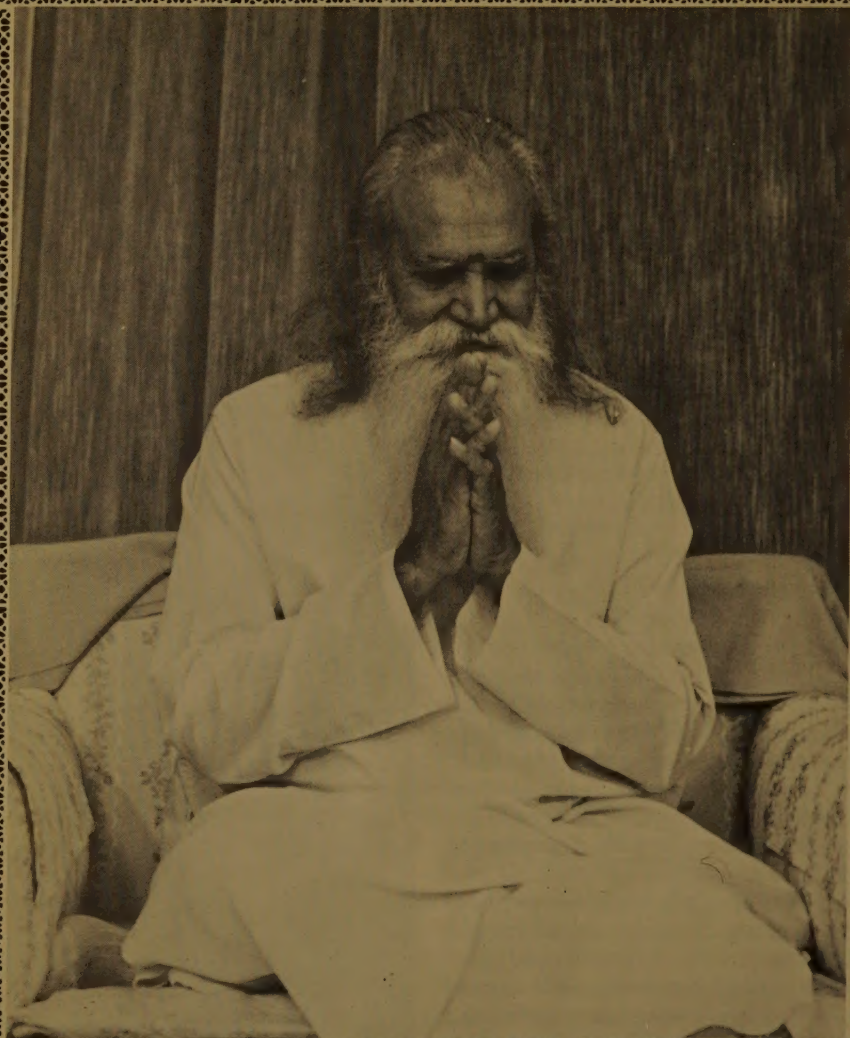
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**SRI SWAMI SATCHIDANANDA** (called "Sri Gurudev" by his students) is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, paths are many." His main residence is in Buckingham, Virginia. In response to invitations from around the globe, he travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books, and visits to centers around the globe in the fields of education, religion, health and Yoga.



# ***Leave Everything in God's Hands***

*by Sri Swami Satchidananda*



The highest form of prayer is to offer yourself. Ask nothing from God. So in your deep prayer, you lose yourself. You rise above the mental state. You transcend the body and mind; because when you are in deep prayer you forget your body, you forget your own mind, your own personality. You lose yourself. In that, you get the communication. That means, momentarily at least, you become God yourself.

The true prayer is one in which you give yourself completely unto God and communicate. In the name of prayer, you try to commune with Him / Her / It—whatever you like to call God.

Prayer means attunement. Just like tuning your radio. When you tune your radio properly to the right wave length, you get the music. The radio doesn't pray, "Oh please, transmitting station, send me the music." No. All that it should do is to tune itself to that wave length. Then the music comes automatically. Just like that, in prayer you are tuning yourself to God's wave length.

This tuning is called communion—not even ordinary union, but *communion*. Communion is exactly what is meant by *Samyoga*. *Yoga* means union. *Samyoga* means perfect union, communion. So in prayer that sort of *Samyoga* happens. Automatically you receive all the divine qualities, all the spiritual wealth; because God has everything.

"Seek ye first the Kingdom of God, and all things shall be added unto you." Where is the kingdom of God? It's within you. Go within. Turn within, tune in. Everything will be added unto you. You need not study any books. I'm positive of it. You will know everything—not only what you could learn from the universities, but everything from the universality.

"If you know the tongue of tongues, you know all the tongues." If you could learn God's language, you could learn all the other languages. That is the basic language, which is silent. Learn that silent language. Listen to that *Antar-Atma*, or the inner voice. That is God's

Tongue. If you could learn that Tongue, you could understand the tongue of a bird, the tongue of a leaf, the tongue of a human being. And you will know how to control your tongue also!

### Have that Faith

Strictly speaking, your prayer should not be to get something. I don't mean that you should not be asking God anything. You can ask, but don't demand. Say, "Lord, if it is Your will, if You think it's good for me, okay. But I don't know. Sometimes I might even ask the wrong thing."

For example a small child might look at a nice, beautiful sharp razor that Daddy uses every day; the child wants to shave just like Daddy. If the child cries for the razor, do you think the mother will give it to the child? No, however much the child cries, she will refuse. The child doesn't know what the razor could do, but the mother has that understanding. In the same way, when we pray for something, God might say, "You are not ready to have it. It's not going to help you." We should have that faith in God.

So the best prayer is, "Even though I wish to have something and I may ask You for that, please don't give it to me if You think it's not going to help me." When you grow a little more in understanding, you can say, "Lord, why should I even tell You what I need? As if You don't know what to give me and what not to give me. You are always there ready to give me all things and experiences, whether I want it or not! So all I can ask You is to help me remember this. That's my prayer. Let me remember that You are always there to give me what is needed. You are always there to help me."

Keep that as your prayer. Just remember that God always gives whatever is necessary to you.

### God is Behind Everything

If you have faith, it's no problem at all. "I have complete faith. He is there. She is there. Every minute in every way She is protecting me. She is in me, outside of

me, in front of me, behind me and beside me. I may even forget myself but God is not going to forget me."

Do you want scientific proof for that? What is the most important thing for us to live? Even without food we can live for a while. Without water we can live for a while, but without breath we cannot live even for a few minutes. The most essential thing to life is the breath. If the breath doesn't go into the lungs, we die.

We all want to live, but are you conscious of that breath? No. It just goes out and comes back even without your wanting it. You know that without the breath you won't live, but you are not consciously bringing it back. It just comes. How could it come by itself? There must be some super-consciousness that carefully watches you every minute, every fraction of a minute and tells the breath, "Hey, don't go away. this one has to live a little more. Get back!" Right? Every time your breath goes out that super consciousness says, "Get in! I want that child to live for a little longer." Every breath that you take in, even without your knowing, is taken care of by that Supreme Force.

### That is Realization

If we could remember that, we wouldn't worry about anything. That Cosmic Mother is taking care of us every minute, in every way. When She could give that life breath, She could give everything. She is giving. You think that you earned the bread you eat, you cooked it. The dough was created by Her, the grain is Hers. The fire you cook with is Hers. The hand belongs to Her. The recipe came from Her. Just remember that great Force functioning through you constantly. You will be immediately relieved. "If I seem to be doing something, God is doing it through me." The entire universe is like that. God is behind every movement, every experience.

That is what we call Realization. When you begin to understand all this, where is the room for ego? You don't need to worry about crushing the ego, cleaning the ego, scrubbing the ego. Just remem-

ber this. We are nothing but tools, puppets. That Force functions through you, through me, through everything. It's even in a speck of dust, even in an atom. That is what we call Omniscient, Omnipotent, Omnipresent. We say that, we sing that; but that's not enough, we have to *feel* it.

If you can just have that feeling, then whatever you do becomes a *sadhana*, a spiritual practice, because *you* are not doing it.

Then who is your friend? Who is your enemy? We are all one and the same, motivated by that Power. If you want to have a prayer, have a prayer to God to help you remember this truth. Everything else will come. Don't think that by your own cleverness you can get anything or you can destroy something. It's all foolishness. You have no capacity to make anything or break anything. You can neither protect anybody nor destroy anybody. That's the absolute truth. All the rest is nothing but ego play.

### Reduce the Burden

Once a boat was about to capsize in a storm. The boatman said, "We will have to throw everything overboard to lighten the load, otherwise we are all going to drown."

Immediately one man said, "I have some precious things in this suitcase which I can't throw away. But don't worry, I'll reduce the burden." He took the suitcase and put it on his head. He thought that by putting it on his head, it was no longer on the boat and was not a burden.

How often do we do that? That's why people are tense, restless, anxious; because they think they are carrying the burden. But God's hands are carrying the entire burden. Leave everything in His hands. Anything that God asks you to do with guidance from within, do it. That's all I can say to explain. It should be experienced. Let us live in that faith.

### Complete Trust

May that great Cosmic Force, whom we address by many different names and



forms, bring that great faith in us, make our minds clean and pure to have that faith to reap all the benefits that God can bestow on us. May we live as true devotees and rise above all the dualities. Like carefree children, put the entire responsibility on God's shoulders. He is ready

to carry everything. All that is needed is complete trust. Actually, God is already carrying our responsibilities. We are not carrying anything for ourselves. Let us just realize that. OM Shanthi, Shanthi Shanthi.





## Your Vast Heart

by Shakti Harrison



The hard ground poked  
vivid dreams from me:  
some bank of yellow flowers shining  
one dahlia, bold red and white  
surrounding me, and  
suddenly  
colors' winking sigh  
became the quiet pools of your eyes  
just one golden tear  
came wandering down your  
first flower face  
And I, drawn to your warm  
wrinkled love  
felt that light sorrow burn me also...  
for how man seems foolish to embrace  
only what his tongue can taste  
and mind swallow.  
Your heart  
never stops bringing  
hardened faces smiles.  
Compassion comes as your  
Natural Self and Skill  
and while I still bend to my stubborn will  
with worldly challenges stacked high  
so many grateful thanks give I  
to you, who have heard and seen  
the true source of divinity  
and who  
lets me feel your vast heart  
inside my dreams.



# SERVICE

by Sri Swami Sivananda

God's plan for man's evolution is service. Love of God and service of humanity are the secrets of true life. The meaning of true life is service and sacrifice. Life is meant for service and not for self-seeking. Sacrifice, do your duties well and sincerely, and your privileges will follow unasked.

Hold your life for the service of others. The more energy you expend in elevating and serving others, the more the divine energy will flow into you. Serve and you will rule. Serve humanity with divine feeling, and the canker of individuality will be dissolved.

What is the object of service? Why do you serve the poor and the suffering? Why do you serve society and your country? By doing service you purify your heart. Egoism, hatred, jealousy and the idea of superiority vanish. Humility, pure love, sympathy, tolerance and mercy are developed. The sense of separateness is annihilated and selfishness is eradicated. You cultivate a broad outlook on life. You begin to feel oneness or unity of life. You develop a large heart with broad, generous views on life. Eventually, you attain knowledge of the Self. You realize the "One-in-all" and "all-in-One." You feel unbounded by joy.

The first step on the spiritual path is selfless service of humanity. Selfless service is the watchword along the road to salvation. Selfless service of humanity prepares the aspirant for the attainment of Cosmic Consciousness or the life of oneness or unity with God. Aspirants should direct their whole attention in the beginning toward removal of selfishness by protracted selfless service.

Selfless service and charity develop the heart and cleanse the lower mind. Purify

your heart by selfless and humble service of the poor and the afflicted and make it a fit abode for God. Selfless service alone can purify the heart and fill it with divine virtues. Only the pure in heart will have the vision of God. Grow in love, purity and self-sacrifice. Live for others and you will attain the state of blessedness. Selfless service and cosmic love are the rivers that irrigate the field of the human heart and enable the rich harvest of peace, joy, prosperity and knowledge of the Self to be reaped.

The world is yourself. Therefore, love all, serve all, be kind to all, embrace all. Behold the Lord in the poor, the down-trodden, the oppressed and the lowly. Become a servant of humanity. This is the secret of attaining God-realization. Seek out the lowly and the miserable; cheer up and bring a ray of comfort to them by serving them unstintingly. Console the disconsolate, comfort the distressed and you will be blessed. Serve your parents, elders, teachers and guests with divine feeling, with the feeling that they are all forms of God. Wash the clothes of your parents, elders, the sick and Mahatmas.

Feed the hungry, nurse the sick, comfort the afflicted and lighten the sorrow of the sorrowful. God will bless you abundantly. Clothe the naked, educate the illiterate, feed the poor, raise the down-trodden.

There is no superior or inferior service in Karma Yoga. There is no superiority or inferiority among Karma Yogis. In a machine the smallest bolt or spring is as essential to its smooth running as the large wheel. Similarly, in an organized effort, the person who does even the least work or attends to an insignificant detail





contributes as much to the success of the endeavor as the chief organizer; for, if there is some defect in even a small detail, perfect success cannot be achieved.

A raw, untrained aspirant says, "My preceptor is treating me like a servant. He is using me for petty jobs." The person who has understood the right significance of Karma Yoga will take all work as Yogic activity or worship of the Lord. There is no menial work in God's vision. All work is worship of the Lord. In the light of Karma Yoga, all actions are sacred. That aspirant who always takes immense delight in doing works which are considered by the worldly person as menial ser-

vices, and who always does such acts willingly, will become a dynamic Yogi. He or she will be absolutely free from conceit and egoism. He will have no downfall. The canker of pride will not touch him.

#### **Menial, Dignified Work**

Study the autobiography of Mahatma Gandhi. You will note that he did not differentiate between menial service and dignified work. Scavenging and cleaning of the latrine was the highest service and Yoga for him. This was the highest worship for him. He himself cleaned the latrines. He had annihilated the little il-

lutory "I" through protracted selfless service of various kinds.

Many highly educated persons joined his ashram to learn Yoga under him. They thought that Gandhiji would teach them Yoga in some mysterious manner in a private room, and would give lessons in the science of pranayama, meditation, abstraction, awakening of the *kundalini*, etc. They were disappointed when they were asked to clean the latrine first, and they left the ashram immediately.

Gandhiji himself did the repairing of his shoes. He himself used to grind flour and take upon his shoulders the grinding work of others when they were unable to do their allotted portion of work for the day. When an educated person, a newcomer, felt shy to do grinding work, Gandhiji himself would do this work in front of him, and then the man would do the work from the next day on with a willing heart.

### Never Forget This

Do not lose a single opportunity to help and serve others. Serve cheerfully and willingly and never show a "Sunday-face" or "castor-oil face." Utilize every minute in serving others in the best possible manner. Do not expect anything when you serve a person or when you give a gift. Thank the person for giving you a good opportunity of serving. Service of man is service of God. Service of humanity should not be merely mechanical. It should be done with divine feeling. Service is Yoga for the purification of the heart and the eventual descent of Divine Light. All the workers should drill and hammer the mind with this feeling.

Serve others with the feeling that God dwells in all and that He receives your service as worship. The world is nothing but a manifestation of God. Service of humanity is service of God only. Service is worship of God. Never forget this. God can best be served or worshiped through the service of His creatures. Always scrutinize your motives and slay selfish motives.

When you serve, remember that you

work for God. Do every act as an offering to God, and you will soon progress spiritually. You will be transmuted into Divinity.

Remember that God is the inner prompter who impels you to action. You are only His instrument. On account of egoism you think that you do everything. So you get bound. Work in the awareness of being pulled by the Cosmic Will. You will have more strength and less vanity. Work will not bind you then.

It is through the light provided by the self-effulgent Lord within you that you are able to work. Feel this every moment of your life. Act as a trustee, not as an owner or proprietor. You will not be bound as there will be no "mine"-ness if you work in this spirit.

### Soar Above

*Laborare es Orare* — to work is to pray. This is the formula of a Karma Yogi for the attainment of God-realization. Help and serve but do not fight. Create peace, harmony and goodwill; not dissension, discord and splits. Pocket insults when they are offered. Blame and praise are mere vibrations in the ether. Soar above them. Do every task perfectly, with concentration and devotion. Be absorbed in the work and give your full heart, mind and soul to it. Do not care for results. Do not think of success or failure. Do not think of the past, but have complete confidence. Practice self-reliance and be always cheerful. Keep a cool, balanced mind. Work for the sake of work. Be courageous and bold. You are the secret of success. Work in a systematic manner. Be fiery in service. Also be intent on service. Take a little rest and sleep only for such period as will refresh you. No pains, no gains!

It is extremely difficult to perform real selfless service. Many people ascend the public platform under the garb of selfless workers but they serve themselves only. Even some renunciates do the same. Is this not very sad?

Actions should be performed without attachment, without the feeling of doing



them for one's personal purity. Perform work merely for the sake of the Lord. Abandon even such attachment as "may God be pleased." You must be prepared to abandon the work at any time, however interesting it may be, however much you like the work. Whenever the inner voice of the Soul commands you to give up a work, you must at once relinquish it. Attachment to any work will bind you. Understand these subtle secrets and march boldly on the path of selfless service.

May your ideals be to serve the poor!  
May your ideals be to serve the sick and

the saints and your country and the world; to raise the fallen, to lead the blind, to share what you have with others, to bring solace to the afflicted, to cheer up the suffering! May your watchword be to have perfect faith in God, to love your neighbor as your own Self, to love God with all your heart, mind and soul, to protect animals and children! May your goal be God-realization! May you all shine as glorious realized sages in this very birth!

—from *Sivananda's Gospel of Divine Life*.

## Love-Rise (the Grieving and the Healing of my Heart)



When midnight plants black banners on my brow  
Which say, "I've not one hope to help me rise—  
My morning tears stick in my throat, and now  
All life's joys are drowned in wracking sighs"—  
When such dark days assault me with remorse  
For things undone, or words I can't retrieve—  
At such bleak times I think of you in force,  
And from that thought your gift of peace receive.

For in your smile such untold grace resides  
I find my turmoils melting in your cheer,  
By way of the bliss that your eye provides,  
I summon up strength—and vanquish all fear.

Your love's the reason all my dusks are gone—  
For, with you, my life is a constant dawn.

by Rishikavi Raghudas



# DISCIPLESHIP: THE KEY TO FULFILLMENT

*by Amma Kidd*

To some of my friends and acquaintances it is sometimes a matter of perplexity that I spent all those years living in an ashram serving a spiritual teacher, a guru, and learning from him. They conceive of this as a relinquishment of individuality and a pseudo-masochistic subservience to another person, totally unnecessary to the dawning of Wisdom or the realization of the Self. They think of it as some sort of a "cult." I now listen to such opinions without argument because I have learned that no amount of reasoning can possibly bring one to truly understand something one has not experienced. Without experience there is no knowledge. Therefore, in reality, they know not what they say. At the most,

occasionally, I reply to such statements with something like, "My experience was not as you describe," and leave it to them to ask further questions—which they rarely do. How can I explain to them about the Guru if they have never been a disciple, and how can I explain about discipleship if they have never had a Guru? Whatever "understanding" I have on this matter comes from personal experience—an experience of "standing-under" God's authority through Gurudev's precious training all those years. Today I may be far from being the most illumined person, or the best of examples, but I would not trade what I "understand" for any skill, accomplishment or knowledge acquired under the values



and systems of the world. For this I am deeply grateful.

Guru and disciple do not exist without each other. When thinking of the one, one must automatically think of the other. They are each part of one and the same majestic process, just as giving and receiving are each part of one and the same law.

As paradoxical as it may seem to some, discipleship is the key to true individual dignity and freedom. Through it, the Guru, who embodies the purifying Force of the Love of God, is able to help transform the tendencies of our lives so that we may realize our true nature as the eternal Changelessness of God, and thus discover that our happiness does not depend on anything or anyone outside of our Self—not on anyone, even the person of the Guru. At this point of realization, the disciple is already living the Principle “made flesh” in the Guru, and they are one in Communion.

What is discipleship? To my understanding, discipleship is an attitude, a way of life. It is a relationship. It is both a perennial process and the continuous outcome of that process.

Having been born and brought up a Christian, I am reminded of the words of beloved Christ Jesus: “Love the Lord thy God with all thy heart, with all thy soul, with all thy mind, with all thy strength... and love thy neighbor as thy Self.” These words, to me, are a perfect description of the attitude of discipleship and of its ongoing function throughout life.

To the disciple the Guru is the sheer grace of God. In Sanskrit, the word “guru” means “remover of darkness” (“gu” meaning darkness or ignorance, and “ru” meaning the remover), but what else can remove the darkness if not the Light? To the disciple the Guru represents the Light. He is the sacred instrument of introspection, the link, the point of contact that sparks the current of the Light within and its radically transforming radiance, just as a candle is lit from another candle. The Guru bridges the way, so to speak, and enables us to open the gate

to the splendor of the Presence within. “Standing-under” this Presence in constant and unconditional acknowledgment of its supreme authority is loving the Lord God with all of one’s heart, all of one’s soul, all of one’s mind, all of one’s strength, all of one’s self, with everything one has, through everything one does, always. Reverently “standing-under,” not by rejecting or denying our nature, but by wisely coming to comprehend it, then putting all its use at the feet of the Lord. When this can sincerely be done, the obstructing darkness is removed from one’s inner vision and what remains shining is the changeless all-encompassing Reality, the eternal Light.

The kind of love one experiences for the Guru is unconditional. It continues in spite of changing circumstances or the seeming paradox the Guru himself represents at times. It is almost impossible for the disciple to have a concrete perception of the Guru. Neither can the disciple describe him in any fixed way, because the Guru is constantly changing—according to the disciple’s needs at each given moment. For the disciple this may present much pain and difficulty, which, in the long run, are what help propel him out of human consciousness into the spiritual realms—similar to the complexities and difficulties of the count-down in launching a rocket into space. The pain and difficulties are caused because one of the natural tendencies of the false ego is to try and find security in situations that are fixed or unchanging. By its very nature fixation rejects the sweeping, liberating movements of Spirit. In order for us to be alive in Spirit we must allow it to move through us and assume any and all positions at any and all times. By so doing it frees us from anything that might have become fossilized, obsessive or crystalized.

Vigilance is paramount in this process, which, for good reason, since time immemorial, has been compared to walking on a “razor’s edge.” One can easily fall off the edge, attracted by the pull of gravity stemming from the human con-

sciousness and its layers of old limited conditioning—one of these being the false ego's natural inclination to be idolatrous.

The eternal command: "I AM the Lord thy God... thou shalt have no other gods before Me" reverberates through the Cosmos and the inner recesses of the soul. However, the ignorance of the human condition desperately seeks fulfillment worshipping the "graven images" of "other gods," thereby achieving nothing but the perpetuation of the sense of separation from God. These "gods" cover a wide spectrum. They could be anything from possessions, things, concepts, positions, stimulants, depressants, name, fame or persons, even one's own person or other persons, whether in the body or out of it. Therefore, upon finding the Guru, the disciple may naturally fall into this deception by assigning the role of a "graven image" to the person of the Guru. The purity of his motivation will always compel the Cosmic Law to protect him, but it is the Guru's own commitment to first love the Lord God with all his heart, soul, mind and strength that enables him to pull the student from that most unfortunate of detours back into the main highway the destination of which is the Holy of Holies, the Fountain of Life, within one's own heart.

How often have I heard Sri Gurudev repeat and repeat, especially during the yearly celebrations of *Jayanthi* and *Guru Poornima*, "Remember that what we are celebrating is not the birth of this body or the presence of this body in your midst. This body is just a cover, a symbol. What we are really celebrating is the Principles, the Teaching. You must all eventually find and listen to the Guru within. I tell you that if through your association with me you do not find the Guru within, then I have failed in my job!" Blessed, glorious words! They served me and still serve me today as powerful reminders, when I am caught in some form or other of "idolatry," to lift myself up where I belong, that is, the

place of loving adoration for the all-consuming Fire on the altar of my heart!

How does discipleship work? Discipleship works as everything else in nature works. The whole Universe is ruled by cycles of giving and receiving, expanding and contracting, growing and receding. We see this everywhere, even in our very breath. Nothing ends, everything is always being transformed. This is a law of life. As human beings, we usually ignore this law and go about life walking with a lop-sided step, striving to get, to grasp, but not to give; striving to hold on but not to let go, etc. Discipleship is the acknowledgement of this law and its fulfillment. Through discipleship we take the other step, so to speak, and balance is restored. Discipleship is the natural condition of life in all levels, *no matter what our roles in life may be*. Sri Gurudev was asked once to describe the relationship between Guru and disciple (from his point of view as a "famous" Guru). In his usual gentle way he simply replied: "To me the disciple is the Guru and the Guru is the disciple." By this simple answer we clearly see that when this relationship is for real, it is one of mutual service and surrender.

The Guru is forever surrendered. He is surrendered to the disciple's overcoming mortal boundaries, to the fulfillment of his divine purpose and his victory in the Light. He literally lives to serve the disciple, offering himself as the instrument by which to remove the obstructing darkness from the student's inner vision. (Gurudev jokingly calls himself the "garbage collector" and the "laundry man").

The disciple on the other hand, by surrendering to the Guru's guidance, allows the darkness to be removed. By so doing, even though he may not know it, he offers the greatest service to the beloved Guru by allowing him to fulfill his divine purpose, which in turn releases him from mortal boundaries.

Guru-Disciple is a most Holy Relationship. It defies time and space. It is unshaken by circumstances and remains forever invulnerable to the concepts,

"slings and arrows" of human creation. It is a hymn celestial, continually rising to the Throne of God from whence it proceeds. It glorifies the Father and makes the heavens rejoice! It makes the human Divine and opens the portal to God's Perfect Purpose. And, wonder of wonders! Once established in an individual's heart, this relationship, miraculously, sets the pattern or the blueprint for all other relationships. The Guru is seen everywhere, in everything and everyone, thus every trial becomes an opportunity, every failure a victory, every personal

exchange becomes holy and existence becomes a constant miracle. The heart cannot but swell in wave after wave of loving adoration and gratitude to Almighty God for the magnificence of such gracious blessings!

Guru and disciple together, then, fulfill the Law of Life — the Law of Love. When this Law is thus fulfilled, life is transformed into a gloriously natural flow of continuous peace and joy, because by then it has become obvious that there is nothing, but nothing, but GOD.



## UNVOICEABLE FIRE

(The Sound of Love Unspeakable)

by Rishikavi Raghudas

Love speaks with a multitude of voices,  
Yet one Great Voice's immanence reveals  
Itself within its many tones; conceals  
Its measureless Joy behind our choices  
Of shrillness, rage, and self-absorbed desires,  
Deep-toned and tender as a faithful friend,  
High-pitched and desperate as childhood's end—  
LOVE speaks in tongues of unconstraining FIRE.

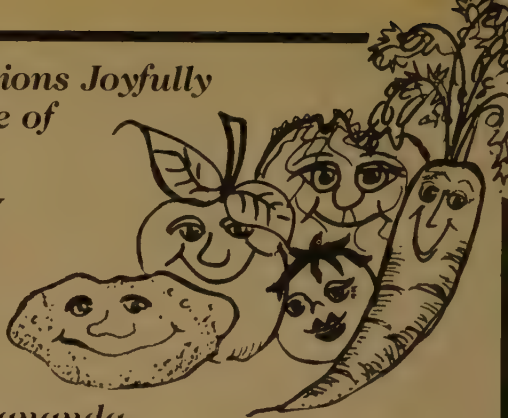
In flame-drenched praise that pours through passion's lips,  
And heart-choked tears that silence must surround—  
Behind each feeling, in every word that grips,  
The distant echo of Love's Origin resounds.

Behind Love's speech lies a Resonance unheard—  
The inexpressible Bliss of the ANCIENT WORD.



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"If my body," said Shun, "is not my own, pray, whose is it?"

"It is the bodily form entrusted to you by Heaven and Earth. Your life is not your own. It is a blended harmony, entrusted to you by Heaven and Earth," replied Ch'eng, his tutor.

—Chuang-Tzu From: *Chuang-Tze, in Texts of Taoism*, trans. James Legg (New York: Dover Publications, Inc., 1891).



# Embodiment of Love

by Rukmini Rasiah

The 22nd of December is a holy and auspicious day for all of Sri Gurudev's devotees in Sri Lanka. With deep reverence and love they celebrate his Jayanthi joyously and with prayers, invoking the Almighty to bless their beloved Guruji with a long and healthy life. They do not miss his physical presence as they have him enshrined in their hearts and feel his presence forever with them.

Master Sivanandaji said that an ounce of practice is worth more than a ton of theory. Sri Gurudev often speaks to us of the fullness of Love, how we should go on giving it, sharing it, and the peace we would experience by doing it. The glory of this we find in our Guruji, Sri Swami Satchidananda! The spring of love in his heart never dries; his capacity to give is eternal. That peace that emanates from him resurrects us all. This is the blessing which makes his devotees feel his presence with them always.

I am happy to share an incident that happened at the 1965 Jayanthi celebration in honor of Sri Gurudev.

Satchidananda Ashram at Tennekumbura, Sri Lanka was the headquarters, and that is where his Jayanthi was always celebrated in those days. Every year, thousands of devotees from the other centers and the different parts of the island, gathered there on the 22nd of December. Not only the Ashram, but the houses of all the devotees in Kandy would be full of relatives and friends who had come for this occasion.

For the 1965 Jayanthi celebration, all my children and their families had arrived one week earlier. The adults and children alike were excited about what

gifts they could offer Gurudev, as the gift should be an appropriate one to offer a sannyasin.

In the East no one ever goes empty-handed to see a guru. Not only on special occasions, but always an offering is made to show their respect and love. Most often fruits and flowers are offered, as the material value of the gift is not considered. The real offering is one of love.

Our garden was full of roses, and the children eagerly awaited their bloom. Even as the buds opened, they would cut them, close the buds with their hands and rush them to Gurudev so that he would inhale the fragrance first.

As usual, at this particular celebration, it was decided that the smaller children should offer flowers to Gurudev at the Jayanthi celebration. Although we didn't know this at the time, my five-year-old granddaughter Meera was not happy about this decision.

There was a chocolate factory in our area, and we had a good stock of chocolates in the house. These chocolates came wrapped in brightly colored foil of many different hues. All during the week before the celebration Meera went around collecting these wrappers. Everyone readily gave them to the child, not knowing why she was collecting them.

On the day of the Jayanthi, I went to the Ashram very early and did not notice what Meera was doing. The others followed me, and the children were to come very much later. Somehow Meera convinced the gardener that she had to go early, and he brought her over. She sat very quietly with the *bhajan* group and went unnoticed.

At 9:00 A.M. Sri Gurudev arrived. He was traditionally received and escorted to the specially arranged chair. The moment he sat down, Meera darted to him before anyone could stop her. A quiet conversation went on between them; after a few moments, Gurudev stretched out his hand to her. The next thing we saw was a large wrist band made of gaudy glittering colors on Gurudev's wrist; Meera was standing by his side like a sentinel with a smile on her face.

Sri Swami Sadananda, who was seated near Gurudev's feet and was waiting to start the *Pada Puja* (special worship service), stared at me. He was being delayed from his duty, and he seemed a bit impatient. "When is this going to end?" his look said to me.

I tried to take a step toward Gurudev to lead Meera away, but I just could not do it. Those who know Gurudev very well will also know of that childlike mischievous look he sometimes gets when he seems to dare us: "Okay. Do it if you can!" He looked at me that way then.

To crown it all, Gurudev said gently and for Sadanandaji's ears only, "I am ready." Now the *puja* was going to start so I had to move aside. There was confusion. The hundreds who had gathered were staring at Gurudev's new and unusual ornament. Normally, a sannyasi would never wear ornaments; seeing this gaudy bangle on Sri Gurudev's wrist was especially shocking on such a solemn

occasion. It was most embarrassing to those of us in charge of the proceedings, but Gurudev was clearly enjoying the situation.

Swami Sadananda was getting ready to start the *puja*. We knew that Gurudev would never discard the loving gift of a child, even to please so many adults. What could we do?

Maybe at that moment, Gurudev saw my predicament; I would have been totally blamed by the Ashramites for what had happened. He looked at me and suddenly a solution flashed through my mind. I made bold to go up to Meera and explain to her, how wonderful her gift would look on Gurudev's ankle since the *puja* would be offered at his feet. How lovely it would look with all the flower petals! She agreed, and the wristlet became an anklet. Sadanandaji started the *Pada Puja* with a sigh of relief. Meera's gift was covered with flowers and she was very happy. Everything ended peacefully. Gurudev's love conquered the situation!

Lord Krishna, in the *Bhagavad Gita* says, "Whoever offers me in Faith and Love, a leaf, a flower, a fruit, or a little water—that offering, lovingly made, I accept."

Likewise, Gurudev most happily accepts the love of little children, frequently reminding us that they are the Kingdom of Heaven. Let us therefore strive to be like little children; may we be blessed to offer Gurudev for his jayanthi our total, unblemished love.

*If you possess happiness you possess everything;  
to be happy is to be in tune with God. That power  
to be happy comes through meditation.*

*- Paramhansa Yogananda*



# Caring for Public Money

Translated from the Tamil

by Sri Swami Satchidananda

Hajarat Abubakar was the first President of Arabia. As soon as he took the position as President, he gave up his thriving textile business. The money he got from the Government as President was enough to take care of him and his family.

One day, his wife expressed a desire to prepare and eat some sweets, and Abubakar told her that he didn't have enough money for that. "Don't you know that the Government doesn't pay us to make and eat sweets?" he asked his wife. His wife replied, "Can I save some money from our daily expenses and make the sweets with that money?" Abubakar kept silent.

After many days, the wife came and showed him the amount of money she had saved. Abubakar was surprised. He exclaimed, "I thought the money the Government pays us was just enough for our daily expenses. But now I realize that we don't need as much money as the Government pays. I appreciate and admire your capacity to economize; please give me that money."

Immediately he called the Treasurer and asked him to take the money the wife had saved and to put it in the treasury. Turning to his wife he said, "We saved some money from our salary, it proved that we got more than we needed. This excess money should go back to the Government treasury."

There ends the story.

*(Translator's note: We still don't know what happened to the wife. Did she faint? Did she live with him happily after? Did she run away somewhere . . . ?)*

Courtesy of Er Ulavan  
Coimbatore, South India

## ALPHABETICAL INSPIRATIONS

by Swami Krupananda Ma

Avoid Anger—Accept Adversity  
Burn Barriers—Bloom Blissfully  
Clear Confusion—Commune Completely  
Dive Deeply—Don Divinity  
Establish Equanimity—Eliminate Ego  
Forget Food—Find Fulfillment  
Get Godly—Give Gladly  
Happy Hearts—Hurry Home  
Imagining Immortality Inspires Insights  
Join Joyfully—Jehovah's Journey  
Keep Keen—Kindle Kindness  
Love Lavishly—Life Long  
Me—Mine: Mental Maligancy

Never Need Names n' Norms  
Om Orbits Ourselves Omnisciently  
Plead & Pray—Peace Pervades  
Quit Quarrels—Quest Quintessence  
Relinquish Resistance—Realize Ram  
Sun Salutations Subdue Stress  
Transform Thought To That  
Universe Unite—Usher in Utopia  
Valuable Virtues—Validate Victory  
Why Worry?—We're Winners!  
Xemplify Xcellence—Xperience Xstasy  
Yogic Yearning—Yields Youthfulness  
Zen Zealots—Zoom to Zero.



# DAY BY DAY WITH SRI GURUDEV



*by Swami Premananda Ma*

## Unity in Yoga Conference — May 1986 Bridges to Freedom

The 1986 North American Unity In Yoga Conference was held from 22-26 May 1986 at the Airlie House Conference site in Airlie, Virginia.

Sri Gurudev was a motivating force in starting the Unity In Yoga Conferences, which are aimed toward bringing the diverse groups of Yoga teachers in the United States together periodically.

This idea Gurudev shared with Rama Jyothi Vernon, the well-known Yoga teacher who founded the California Yoga Teachers Association and the "Yoga Journal." Gurudev invited Rama Jyothi to attend the annual conference of the European Yoga teachers held in Zinal, Switzerland and suggested that we begin to bring all the Yoga teachers in America together through either conferences or an American Yoga Federation.

Rama Jyothi took the idea and inspiration to heart and organized the first of these conferences for Pacific Northwest Yoga teachers. Gurudev addressed this gathering which was followed by a Unity In Yoga Conference in Colorado.

This year marked the first North American Unity In Yoga Conference; its theme: "Bridges to Freedom." Guest speakers included Sri Gurudev, Rabbi Shlomo Carlebach, Dr. Vasant Lad, Liliás Folan, and Barbara Marx Hubbard, among others. The Conference drew over 200 Yoga teachers who attended workshops given by over sixty prominent teachers from various Yoga centers and parts of the United States.

Sri Gurudev joined a panel of speakers

addressing the subject of Yoga and politics. He focused on the inner reformation of each individual as a contribution to world peace. On the closing day of the Conference, Gurudev gave a satsang and answered questions posed by the participants.

Co-sponsored by "MAYA" (Mid-Atlantic Yoga Association), the Conference provided a wonderful opportunity for yogis to come together in a true spirit of unity — encouraging interchange, networking and wide-ranging exploration of the many faces of Yoga. Special thanks to Prue Kestner, John Schumacher and Rama Jyothi Vernon.

## Swannanoa — 22 June Teach What is to Be Learned

For several years now, devotees of Sri Gurudev and friends of Mrs. Walter Russell have tried to arrange for them to meet. At long last a meeting was arranged, and — as it is with all great souls — it was as though they had known each other forever.

Mrs. Russell is the motivating force behind the manifestation of the vision she and her husband have had, the vision of uniting humanity through new knowledge of the "Science of Man."

Headquarters of their University of Science and Philosophy, Swannanoa is a palatial building set atop Afton Mountain in central Virginia.

The late Dr. Walter Russell was an excellent sculptor as well as a painter, architect, composer, author, philosopher and





*"Unity in Yoga." Prue Kestner, Sri Gurudev, Rama Vernon.*

Doctor of Science. His works were commissioned world-wide and by several U.S. Presidents.

The visitor to Swannanoa enjoys a tour through this Italian Renaissance palace filled with marble, rare wood carvings, an original Tiffany stained glass window and the original works of Walter Russell. The *piece de resistance* is the thirty-foot statue of the Christ of the Blue Ridge. Envisioned by Mrs. Russell and sculpted by her husband, this impressive sculpture stands high above the three-tiered outdoor Roman gardens.

Sri Gurudev, Dr. and Mrs. Mahalingham, Professor Mahadevan and Doctors Dharmalingam and Kumaresan, were graciously received by Mrs. Russell.

Obviously deeply moved by Gurudev's presence, Mrs. Russell expressed her delight that they were finally able to meet and then added with a gleam in her eye, "I bet we've been together time after time after time." Holding Gurudev's hand, she turned to the rest of the group and announced: "I've been wanting to meet this beautiful soul for a long time."

They spoke together for quite a while.

Mrs. Russell recounted her first meeting with her husband and the important mission that they shared and that she continues. The essence of the Russells' teachings is to give people knowledge to command their own destiny and reach the topmost pinnacles of human possibilities by the awakening in them of that spark of Divine Light.

Gurudev and Mrs. Russell spoke of the great hope they both share as they witness greater and greater commitments to personal peace and world peace by so many people around the world.

During tea in her private sitting room, Mrs. Russell began to speak of the important role that world leaders play in the transformation process. Then, clarifying her point, she said to Gurudev, "The real leaders are people like you. They are the ones who teach what is to be learned. That is why you had to come to this country. There is every race here, every religion, every kind of person to transform. Deep inside, everybody really wants the same thing."

Mrs. Russell explained that she feels a great affinity for India and for Eastern

philosophy. "The West needs the quietude of the East and the East needs the motion and creativity of the West. When we can see them coming together, it will be heaven."

Gurudev gave Mrs. Russell a gift of books and the All Faiths Yantra, which she deeply appreciated. She had heard all about the LOTUS and commented, "It is going to be really something! If only all leaders—and you are a real leader—were like you!" Mrs. Russell, again holding Gurudev's hands with deep love and respect, explained that they were trying to do the same work toward peace there at Swannanoa. Gurudev, with great appreciation and love said, "We are all cells of the whole cosmic body. The light in your body is the life in your body. The Light is the eternal Source and we are all one."

Mrs. Russell autographed several books, inscribing them, "To Sri Swami Satchidananda, the embodiment of love."

## Boston

Sri Gurudev flew to Boston for an evening reception hosted by longtime devotee and Channel 56 anchorwoman, Uma Pemmaraju.

Uma and her entire family are very close and devoted to Gurudev. Her father is Dr. P.N. Rao, senior researcher and biochemist with the Southwest Foundation in Texas. Uma's mother, Rani Pemmaraju, flew to Boston for Gurudev's visit.

Friends, media personalities and a state senator enjoyed the opportunity to meet Gurudev in an intimate setting during the reception at the Lafayette Hotel.

The next day a meeting—arranged by Uma—took place between Sri Gurudev and His Eminence Bernard Cardinal Law at the residence of the Cardinal. His Eminence is extremely interested in ecumenical affairs and, in fact, was director of the Catholic Church's ecumenical secretariat in Washington, D.C. before he was elevated to Archbishop.

It happened that His Eminence Jean-

Marie Cardinal Lustiger, the Archbishop of Paris, was visiting the Boston Archdiocese, and Cardinal Law asked Cardinal Lustiger to join the meeting.

Sri Gurudev, Cardinal Law and Cardinal Lustiger enjoyed a long discussion that touched on a wide variety of topics. They discussed ecumenism, world political problems, human rights and the ideals of the LOTUS.

Cardinal Law was especially interested to hear about Gurudev's visit to the Soviet Union and his upcoming second visit (in October 1986), this time with an interfaith delegation of clergy and religious leaders.

In talking about the relatively new tradition of ecumenical services, Sri Gurudev said, "Even what we call 'traditional' began as something new. Then it became tradition. Now, in the modern times, things are changing and we have to create new traditions, while honoring the old ones. There is nothing wrong in starting something new as long as we keep the *spirit*."

Cardinal Law, Cardinal Lustiger and Sri Gurudev spoke for a while about the fighting that goes on in the world, even among religions. "It shows how terribly limited and naive we are in our vision," Cardinal Law commented. "But still, one likes to think that someplace there is going to be a utopia." He turned to Cardinal Lustiger and described the Light Of Truth Universal Shrine.

Bringing up the issue of women's rights, Cardinal Law said, "I feel we have adopted a frame of reference that is flawed. Because it presumes a relationship of man and woman; of competition for power. If that's our model, then we're doomed to failure. Whereas the Christian model and the Jewish model, and—I would assume—the Hindu model would say that man and woman as destined to be a unity, that it's complementary. . ."

Sri Gurudev replied, "I always say that on the spiritual level there is no male or female. If you go beyond the body, there is only spirit. And spirit is neither male nor female."



*A memorable meeting in Boston: Sri Gurudev and His Eminence Bernard Cardinal Law*



*"We are all one." Mrs. Russell and Sri Gurudev during a lovely visit at Swannanoa.*

"Yes, I see a great significance in that," His Eminence replied.

"It's as simple as the positive and negative electrodes to illuminate the light," Gurudev continued. "Without one you

cannot have the light. So, they are complementary. It is almost like the body and the soul. One without the other cannot function. So there is equality in that respect; but different temperaments and



capabilities. The feminine qualities are different from masculine qualities. The difference is like the difference between the head and the heart."

"Yes, and there's a bit of both in all of us."

"That's right. We have head and heart. You cannot have only head or only heart. I said this in the Baptist Church in Moscow. The Blessed Lord said, 'Blessed are the pure in heart; they shall see God.' He didn't say 'pure in head.' Because only in the heart we can see God. When two people get married they call each other 'sweetheart,' not 'sweethead.' When two heads come together, they clash."

"Yes," Cardinal Law agreed, "They bump heads!"

As the meeting came to an end, His Eminence said to Gurudev, "Well, I'm most grateful to you, for your kindness

in coming to see me. I wish you well in your efforts toward a more peaceful world."

Sri Gurudev presented Cardinal Law with a set of books and the All Faiths Yantra. Gurudev explained how the symbols of all the religions are represented as altars in the LOTUS. His Eminence thanked him and said, "Well, please God, I'll have the opportunity of coming and visiting." Cardinal Law presented Sri Gurudev with a medallion that commemorates the day of His Eminence's elevation to Cardinal. He kindly walked gurudev to his car. Holding hands they gazed into each other's eyes, and a feeling of true ecumenism touched all who watched this farewell.

"Pray for me," His Eminence said.

Gurudev replied, "You too, please pray for me."

**TO THE HEART OF THE LOTUS, WITH JOY, WE COME**



**LIGHT OF TRUTH · LIGHT OF PEACE · LIGHT OF LOVE**

# At My Guru's Feet

by Nirmala Heriza

*Sweet the Guru's Grace that falls  
Sweet the voice of God that calls  
me home  
To my Guru's Feet*

*Sweet the tears of love that fall  
Melting through the frozen wall  
To be at my Guru's feet*

*God and Guru both are one  
Shining like the Golden sun  
in me  
At my Guru's feet*

*In a world of troubled disharmony  
Where the hands as far as the heart can see.  
In the river of life we're all the same -  
Flowing home to the Heart of God  
Through his Holy Name -*

*In a world of power and fast food games.  
In a world where money and illusion reign.  
In the river of life we're all the same.  
Flowing home to the Heart of God  
through His Holy Name -  
Jesus, Mary, Buddha, Sweet Lord -  
Allah, Adonoi,  
Peace be restored.*

*Rama, Krishna, Jehovah,  
Sweet Lord  
Mohammed, Oh Great One*

*Peace be Restored.*

*In the river of life we're all the same.  
Flowing home to the Heart of God through His Holy Name.*

# *Dearest Gurudev,*

*“May  
we  
grow*

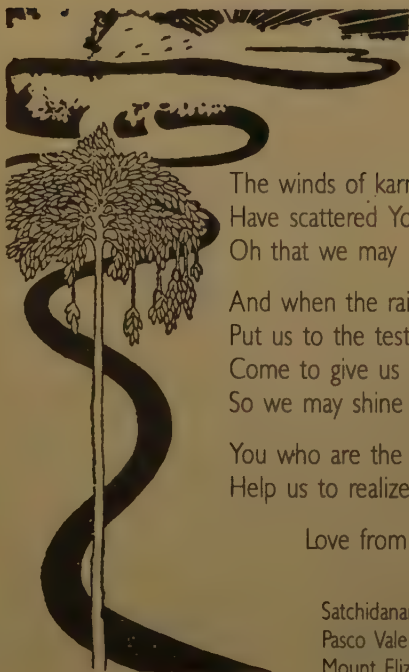


*to be  
like  
Papa.”*

## *Happy Jayanthi*

*From Your Yogaville Vidyalayam Angels*

---



Eternal Flame

The winds of karma  
Have scattered Your sparks afar.  
Oh that we may Leap and flourish even as You are.

And when the rain and storm  
Put us to the test,  
Come to give us shelter (when we really need it)  
So we may shine our best.

You who are the Eternal Flame,  
Help us to realize we are the Same.

Love from Your Australian Children

Satchidananda Ashram, Buchan, Victoria  
Pasco Vale South IYTC  
Mount Eliza IYTC



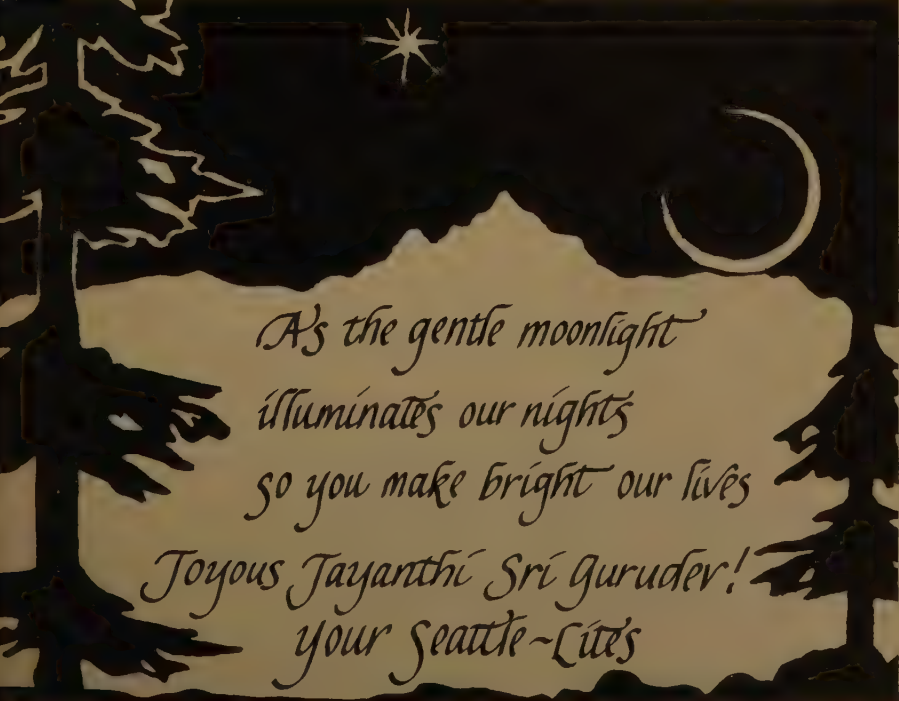


Our Dear Papa,

HAPPY JAYANTHI TO YOU!

Papa, may the Love in Every Sunrise  
be a new message from God, and  
Every Sunset be His Signature to You.  
We Love You So Much,

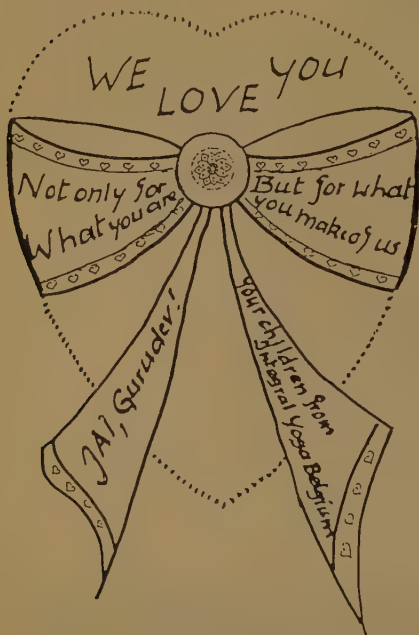
Your Elmwood Park, N.J.  
children



*As the gentle moonlight  
illuminates our nights  
so you make bright our lives*

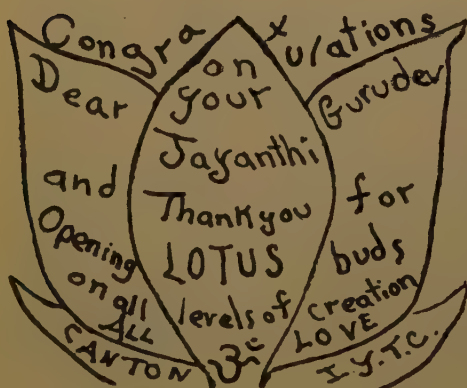
*Joyous Jayanthi Sri Gurudev!  
your Seattle-Lite's*

HAPPY JAYANTHI



**Happy Jayanthi**

with love  
from everyone  
at Omnicomp



With Love

And

Gratitude

From Your

Colorado Springs Students



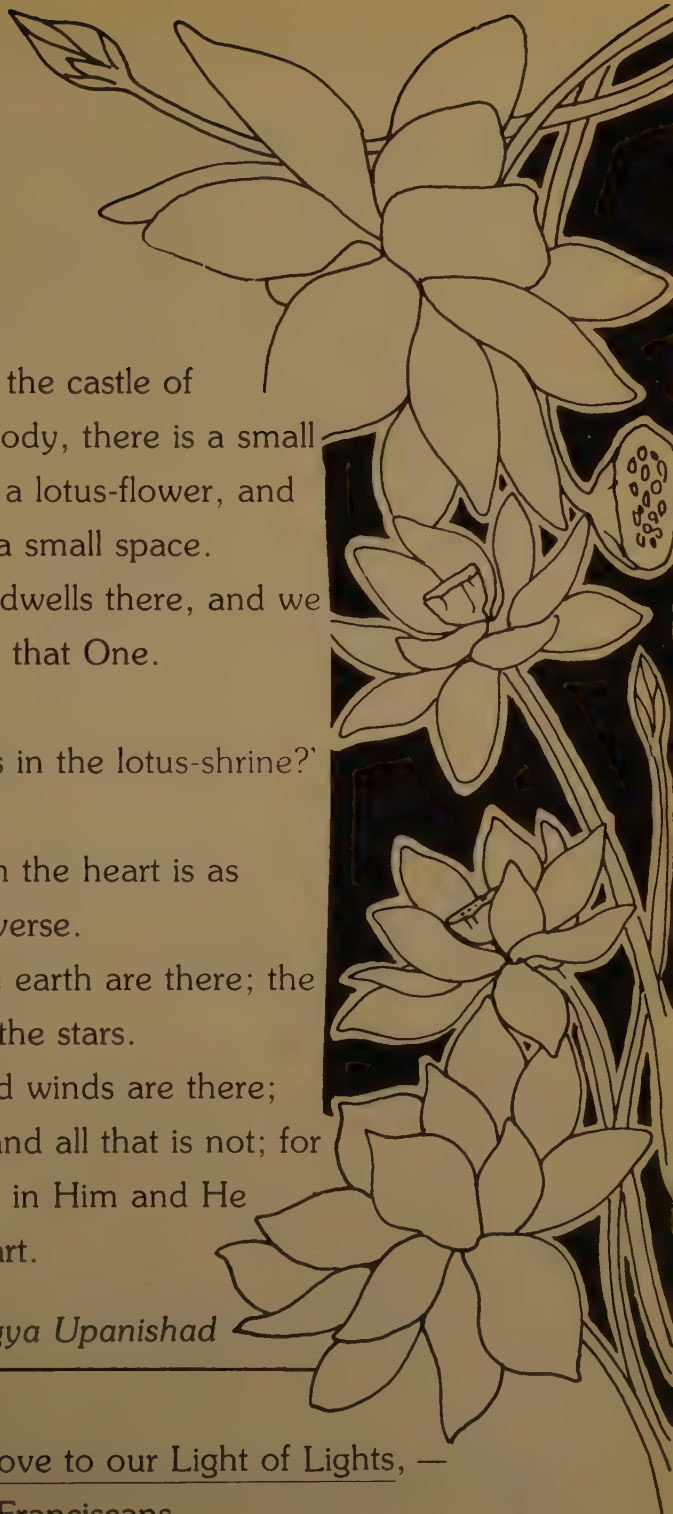
OM

In the centre of the castle of  
Brahman, our own body, there is a small  
shrine in the form of a lotus-flower, and  
within can be found a small space.  
We should find who dwells there, and we  
should want to know that One.  
And if anyone asks,  
Who is it who dwells in the lotus-shrine?  
We can answer:  
The little space within the heart is as  
great as this vast universe.  
The heavens and the earth are there; the  
sun, the moon, and the stars.  
Fire and lightning and winds are there;  
and all that now is, and all that is not; for  
the whole universe is in Him and He  
dwells within our heart.

*Chandogya Upanishad*

---

— With deepest love to our Light of Lights, —  
your San Franciscans





## MANY WAVES ONE SHORE



Like waves upon the ocean,  
your love flows neverending.

Your guidance is abundant,  
your patience unbending.

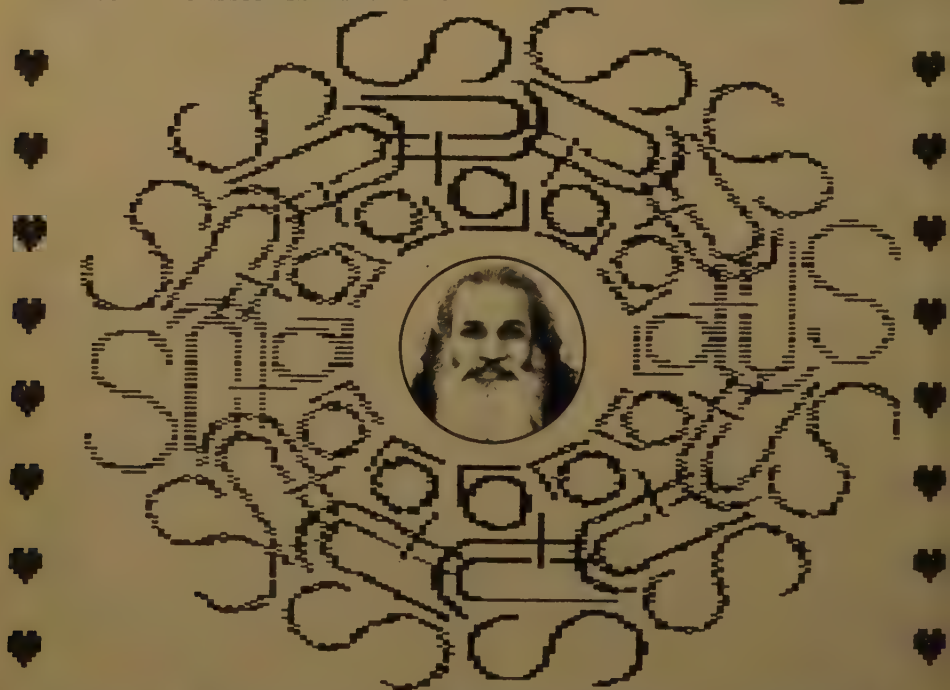
We yield to your grace divine,  
throughout space, across time.

Forever cherished in this heart of mine.

Lakshmi Davidson  
The Detroit IYI

---

**Jai Gurudev! We love you**



**Your Santa Barbara Family**



*As Many Births As Leaves On That Tree?  
Is That All?*

*Jai Gurudev !*



The continued publication of Integral Yoga Magazine is made possible by the generous contributions of these groups and individuals.



*"Prayer means attunement."*

*-Sri Gurudev*

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*"God is ready to carry everything.  
All that is needed is complete trust."*

*-Sri Gurudev*

*"The Cosmic Mother is taking care of us  
every minute."*

*-Sri Gurudev*

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*"That Force functions through you,  
through me, through everything."*

*-Sri Gurudev*

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*'Like carefree children,  
put the entire responsibility  
on God's shoulders.'*

*-Sri Gurudev*

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*"The highest form of prayer  
is to offer yourself."*

*-Sri Gurudev*

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*"God is behind every movement, every  
experience."*

*-Sri Gurudev*

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*Just remember that God always gives  
whatever is necessary to you."*

*-Sri Gurudev*

*"If you could learn God's language,  
you could learn all the other languages."*

*-Sri Gurudev*

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*Every breath that you take in  
even without your knowing is taken  
care of by that Supreme Force."*

*-Sri Gurudev*

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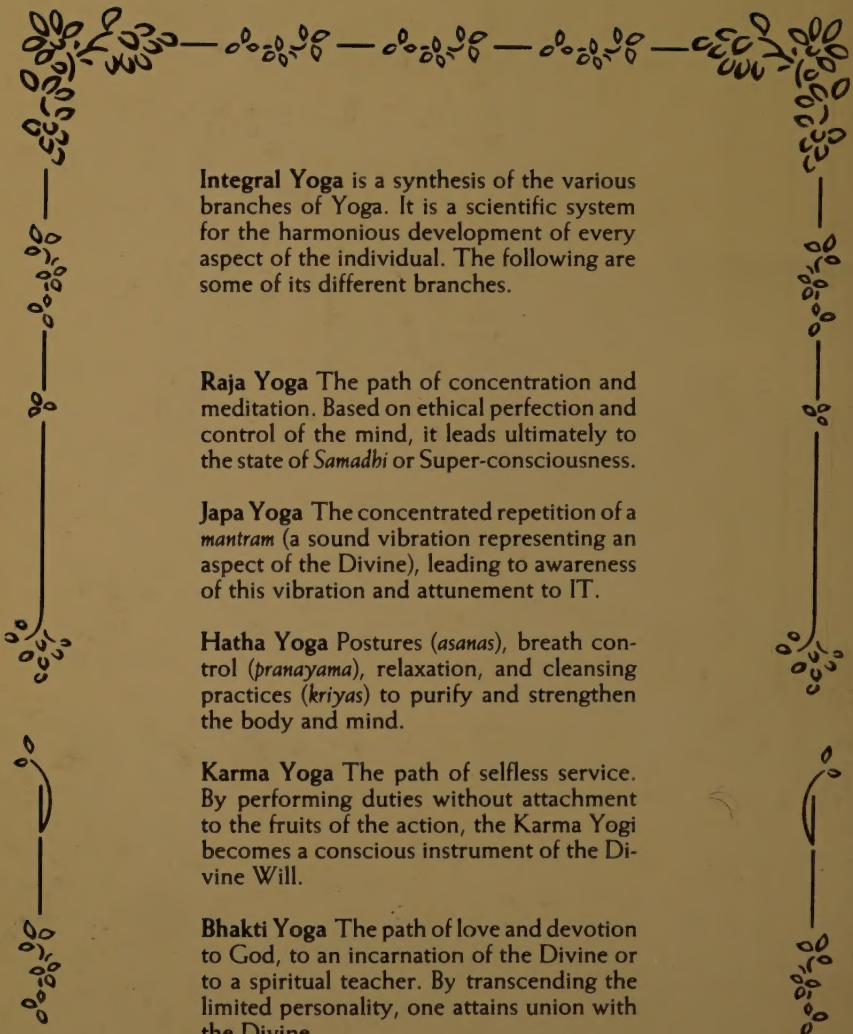
## Happy Jayanthi Beloved Sri Gurudev

*with all Love and Gratitude,  
Our heartfelt thanks for all the blessings and  
the great gift to the world of LOTUS.*



Your Yogaville Virginia Children



A decorative border with floral motifs and horizontal lines runs along the top and sides of the page.

**Integral Yoga** is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

**Raja Yoga** The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

**Japa Yoga** The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

**Hatha Yoga** Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

**Karma Yoga** The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

**Bhakti Yoga** The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

**Jnana Yoga** The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

*Sri Sri Satguru*  
— *Shri* —